

## **2024 Preseason Schedule for Week 1 (Week 0)**

### First Legal Day of Practice – August 12 (August 5)

- No Contact
- Helmets and mouth guards are permitted
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### Second Legal Day of Practice – August 13 (August 6)

- No Contact
- Helmets and mouth guards are permitted
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### Third Legal Day of Practice – August 14 (August 7)

- Contact above the waist is permitted (form tackling)
- Helmets, mouth guards and shoulder pads are permitted
- Contact with blocking sleds and tackling dummies may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### Fourth Legal Day of Practice – August 15 (August 8)

- Contact above the waist is permitted (form tackling)
- Helmets, mouth guards and shoulder pads are permitted
- Contact with blocking sleds and tackling dummies may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### Fifth Legal Day of Practice – August 16 (August 9)

- Contact above the waist is permitted (form tackling)
- Helmets, mouth guards and shoulder pads are permitted
- Contact with blocking sleds and tackling dummies may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Sixth Legal Day of Practice – August 17 (August 10)

- Full person-to-person contact may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Sunday (Day 7) – August 18 (August 11)

- No practice or contact with athletes allowed

Seventh Legal Day of Practice – August 19 (August 12)

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Eighth Legal Day of Practice – August 20 (August 13)

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Ninth Legal Day of Practice – August 21 (August 14)

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Tenth Legal Day of Practice – August 22 (August 15)

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Eleventh Legal Day of Practice – August 23 (August 16)

- Scrimmage against other schools is permissible on this date.
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Twelfth Legal Day of Practice – August 24 (August 17) **OR** August 25 (August 18)

- Schools can practice on either Saturday or Sunday this week but not both days
- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Thirteenth Legal Day of Practice – August 26 (August 19)

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Fourteenth Legal Day of Practice – August 27 (August 20)

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

Fifteenth Legal Day of Practice – August 28 (August 21)

- First day schools are allowed to lift weights/walk-through in the morning and then have one practice, maximum of three hours after school.
- Full person-to-person contact is allowed

First Legal Playing Date – August 29 (August 22)

It is intended that the local school could have more than 14 days of acclimatization and the local administrator, because of heat, Labor Day, or other matters, would have the choice whether or not to practice. A weekday is considered Monday, Tuesday, Wednesday, Thursday, Friday and Saturday.

Team weightlifting sessions do not count as a stand-alone practice or hours allowed during a practice session. No team weightlifting session can occur on Day 7 (August 18 (August 11)) or the day opposite of the twelfth day of practice (August 24/25 (August 17/18)).